

Nant-y-Parc Weekly Newsletter



Contact details:

10th November 2023

02920 832116

nantyparcprimary@sch.caerphilly.gov.uk

CHRISTMAS CONCERTS

04.12.23	Nursery & Reception – 10.00 a.m.
05.12.23	Year 1 & Year 2 – 10.00 a.m.
05.12.23	Year 1 & Year 2 – 2.00 p.m.
06.12.23	Year 3 & Year 4 – 10.00 a.m.
06.12.23	Year 3 & Year 4 – 2.00 p.m.
07.12.23	Year 5 & Year 6 – 10.00 a.m.
07.12.23	Year 5 & Year 6 – 2.00 p.m.

Tickets will be on sale from **Tuesday 14th November** for £1 each. Please purchase tickets from the main office. We will offer **three** tickets per child initially, with the possibility of surplus tickets going on sale at a later date.

COFFEE & CAKE MORNING

On Monday 13th November, Miss Nelson and Mr Tilley are hosting a coffee morning which parents are welcome to attend. The purpose of this event is for parents to ask questions they may have about school policies, practises, or general queries e.g., regarding attendance. We are more than happy to discuss any concerns and look forward to seeing you at our coffee morning.

BBC CHILDREN IN NEED

On Friday 17th November, we will be fundraising for BBC Children in Need and invite pupils to wear spots or Pudsey/Blush theme clothes/pyjamas, or yellow to school on this day. Any donations would be greatly appreciated.

PARKING

REMINDER – We are still receiving many reports of adults parking in an unsafe manner at the bottom of the drive. Please be mindful that this is a crossing area for children and parking in an unsafe way prevents visibility for those crossing. We have reported parking to CCBC, and it is likely that parking wardens/community officers/police will be doing spot checks. Please consider that if you are asked to move your vehicle, this is ensuring the children's safety is maintained upon their arrival at school.

IT'S ALL ABOUT CHRISTMAS COMMUNITY MARKET

Wednesday 29th November at 2pm

You are welcome to collect your child/ren at 2pm to join us for a magical afternoon of festive fun.

If you know anyone who would welcome the opportunity to have a table at the Christmas market, please ask them to contact school ASAP so that we can plan for this. We kindly ask for a donation of £10 per table.

ELF DAY

On Friday 1st December, we will be holding our annual Elf Day in school. The children are invited to wear elf costume, or the colours of red and green to school. The children will also experience some festive surprises and take part in a range of Christmas themed activities.

PLEASE REFER TO ATTACHMENTS FOR FURTHER INFORMATION.

PLEASE REFER TO THE CLASS NOTICE BOARD/WEBSITE FOR CLASS SPECIFIC ACTIVITIES E.G. TRIPS

Value of the month: **Respect**

A peek at the next few weeks...



Diary Dates

13.11.23	Christmas Jumper Exchange
13.11.23	Coffee Morning with Miss Nelson & Mr Tilley
13.11.23 – 17.11.23	Anti-Bullying Week
17.11.23	BBC Children in Need
24.11.23	INSET – No school for pupils
29.11.23	It's All About Christmas Community Market
01.12.23	Elf Day
08.12.23	Christmas Jumper Day


Term Dates

21.12.23	End of autumn term (1:15 pm finish)
08.01.24	Spring term begins

ATTENDANCE

A friendly reminder that attendance continues to be high on our priority list this year and as a result will be closely monitored this term. Whilst we appreciate illness cannot be avoided, we would appreciate your support in ensuring your child attends school regularly so that they are accessing all aspects of the curriculum. If your child is going to be absent, please inform the school so that we can make a note of this on your child's record.

As I am sure you can appreciate, we are held accountable by CCBC and are challenged when attendance percentages are lower than what is deemed acceptable for pupils. In this instance, we have a duty to explain what we as a school have done to increase this. Therefore, if you are invited to attend an attendance meeting, we would appreciate your cooperation so that we can work with you to identify ways forward. Failure to communicate with school could result in involvement from the EWO or a fixed penalty notice being issued, both of which we want to avoid.

We also tackling lateness this term, please can you arrive at school  day so that your child is able to access Soft Start and reading activities. Thank you!

UPDATE FROM MRS DAVIES - HEADTEACHER

I will shortly be taking up a part-time secondment which will result in slight changes in the leadership structure within school until the end of the summer term 2024. On the days I will not be in school, Miss Nelson (Deputy Headteacher) will take on the role of Acting Headteacher whilst being fully supported by the senior leadership team. Miss Nelson is a highly experienced leader, and she will be in charge of the day-to-day running of the school. During this time, I will remain committed to Nant-y-Parc and our whole school community.

CHRISTMAS *Menu*

CAERPHILLY CATERING SERVICE

SUCCULENT TURKEY BREAST WITH
SEASONING,
CHIPOLATA SAUSAGE & GRAVY
OR
QUORN ROAST (V)

CHEF'S SELECTION OF SEASONAL
VEGETABLES AND POTATOES

TRADITIONAL CHRISTMAS PUDDING
SERVED WITH WHITE SAUCE
OR
RASPBERRY RIPPLE ICE CREAM TUBS
(FRUIT ALSO AVAILABLE)

WATER / MILK

PLEASE NOTE: THE ABOVE MENU CONTAINS
ALLERGENS

Head lice and Nits

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.



How to get rid of head lice

Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.

You should check everyone in the house and start treating anyone who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.

Some treatments are not recommended because they're unlikely to work.

For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

You cannot prevent head lice

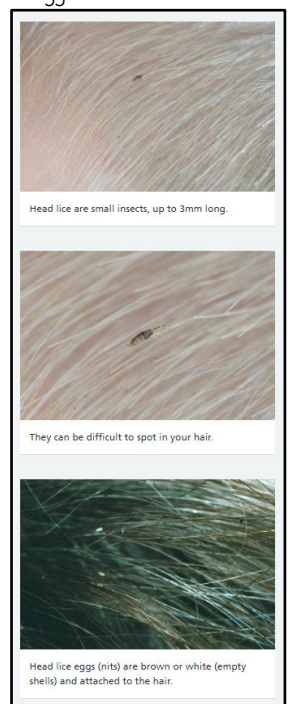
There's nothing you can do to prevent head lice.

You can help stop them spreading by wet or dry combing regularly to catch them early.

Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.

There's no need for children to stay off school or to wash laundry on a hot wash.

Information taken directly from NHS website: [Head lice and nits - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Dear parent,

I would like to invite your child to participate in a study on children's well-being, as well as their physical activity levels in relation to COVID-19. Your child may have taken part in a previous version of this study which was funded by the Welsh Government to monitor the effect of COVID-19 on children's health and well-being. In recognition of the important insights provided, this has now become an annual physical activity and health monitoring initiative. If you agree, your child will be asked to complete an online questionnaire (should take 10-15 minutes) and some children will be selected to wear an activity monitor (like a FitBit) for a week. Please click on [this link](#) to read more about the survey. If you are happy for your child(ren) to participate, please complete the parental consent form which you will find in the link below.

If you have any questions, please don't hesitate to contact us.

Cofion cynnes,
Faith Goodliffe

For the survey in Welsh:

<https://swansea.onlinesurveys.ac.uk/caniatad-rhieni-ef-feithiau-covid-19-ar-blant-yng-nghymru>

For the survey in English:

<https://swansea.onlinesurveys.ac.uk/the-effects-of-covid-19-on-children>

Email: 1907676@swansea.ac.uk

Cymrukids@swansea.ac.uk

Telephone number: 07391823882

Cost of Living Advice Event

Caerphilly Library

Thursday 9th November, 2pm - 7pm

Finding the rising cost of living a challenge?
You're not alone, and we're here to help.



Join our community event for:

- Local Expertise on Money and Debt Management
- Practical Tips to Reduce Energy Bills and Improve Home Efficiency
- Guidance on Budgeting for Household Bills and Groceries
- Support Tailored for Families
- Benefits Advice
- Discover the joy of Reusing Pre-loved Furniture, Toys and Household Items
- One to one advice and support available!



Every attendee can enter our **FREE RAFFLE** for a chance to win an air fryer or a slow cooker. Plus, enjoy complimentary refreshments!

Tel: 01443 811490 Text: SUPPORT to 07537 414443

Email: caerphillycares@caerphilly.gov.uk

www.caerphilly.gov.uk/CaerphillyCares



Cost of Living Advice Event

White Rose Resource Centre, New Tredegar
Thursday 30th November, 2pm - 7pm

Finding the rising cost of living a challenge?
You're not alone, and we're here to help.



Join our community event for:

- Local Expertise on Money and Debt Management
- Practical Tips to Reduce Energy Bills and Improve Home Efficiency
- Guidance on Budgeting for Household Bills and Groceries
- Support Tailored for Families
- Benefits Advice
- Discover the joy of Reusing Pre-loved Furniture, Toys and Household Items
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Email: caerphillycares@caerphilly.gov.uk

www.caerphilly.gov.uk/CaerphillyCares



CAERPHILLY CARES

Providing residents needing support with a single gateway into the Council.

Need help with things such as financial support, isolation or loneliness, food? We will help you, please contact the team, we will support you to get the right team or service to help all your needs.



www.caerphilly.gov.uk/CaerphillyCares

Tel: 01443 811490

Text: SUPPORT to 07537 414443

Email: caerphillycares@caerphilly.gov.uk



CTG

CAERPHILLY TABLE-TOP & GAMERS SOCIETY

Teach your child there is more to games than consoles and mobile devices! Learn strategy, maths (STEM) and socialise with other fellow gamers for real!

CTG is a free monthly gaming society that meets in the Caerphilly Library once a month 10-4pm.

CTG includes a STEMHOUR 11-12noon, where only games with Maths and Strategy themes will be played.

Free to all pupils and their families in the Caerphilly Borough. Be it table top board games, role-play games (RPG) and war gaming board games as well as card games like Pokémon and Yu-Gi-Oh - this is the place to be. Why not pop in and bring your games with you?

Teach fellow students your favourite games, Learn and join into different games- but don't worry if you don't have your own... we have many.

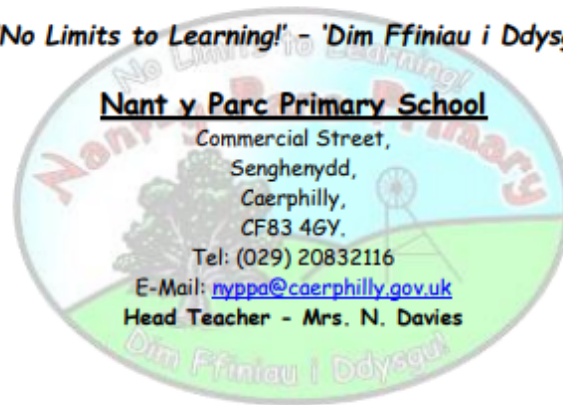
Hosted by Vik Yadh of Caerphilly Comic Con

Contact us: ctgcaerphilly@yahoo.com

Follow us: Twitter: [@CCAerphilly](https://twitter.com/CCAerphilly)

Facebook: [@CTGCaerphilly](https://www.facebook.com/CTGCaerphilly)

'No Limits to Learning!' - 'Dim Ffiniau i Ddysgu!'



Dear Parent / Carer,

The vast majority of parents, carers and other visitors to our school are supportive of the school and act in a reasonable way. The school expects parents and other visitors to always behave in a reasonable way towards all members of the school community this includes other parents and carers.

Schools are private property. People do not have an automatic right to enter. Parents have an 'implied licence' to come on to school premises at certain times, for instance parent appointments, attending a school event and to drop off or pick up their children.

If a parent, carer or visitor displays aggressive, abusive or insulting behaviour/language that is a risk to others on school site, the police will be called and the person will be removed from our school site.

TYPES OF UNACCEPTABLE BEHAVIOUR

In order to support a peaceful and safe school environment the school cannot tolerate parents, carers and visitors exhibiting the following:

- Disruptive behaviour or disorderly conduct which interferes or threatens to interfere with the operation of a classroom, office or any other area of the school grounds.
- Using loud/or offensive language, shouting, swearing, using profane language, attempting to physically intimidate, use of aggressive hand gestures or displaying temper.
- Threatening to harm a member of school staff, visitor, fellow parent/carer or pupil regardless of whether or not the behaviour constitutes a criminal offence.
- Damaging or destroying school property.
- Sending abusive or threatening e-mails or text/voicemail/phone/social media messages or other written communications.
- Defamation of the school or staff character on Facebook or other social networking sites.
- The use of physical aggression towards another adult or child. This includes physical punishment against your own child on school premises.
- Approaching someone else's child in order to discuss or chastise them because of their actions towards your own children.

All members of the school community have a right to expect that their school is a safe place.

If a person's behaviour is unreasonable, permission for them to be on the school premises may be withdrawn and if a parent is a threat to our school community eg other parents, pupils or staff then we will ring 999 and ask for police assistance to remove the adults causing the disturbance from the school site.

Kind regards
Nicola Davies
Headteacher



School Essentials Grant (Replaces PDG Access Grant) 2023/2024

Key changes for families to be aware of for September 2023

- New name – School Essentials Grant replaces the PDG Access Grant
- There is no longer a requirement for families to submit a specific application for the grant. Families of eligible pupils will receive a Post Office letter, allowing the collection of a cash payment.
- The grant provides £125 (except for year 7 which is £200) for eligible pupils [Reception through to Year 11] to buy school uniforms, equipment, sports kit, and kit for activities outside of school.

Eligibility of pupils remains unchanged, full details are available on the Council's Website.

<https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/school-essentials-grant?lang=en-CB>

Are you supporting a child with ADHD
and would like to join a peer support group?



- ♥ Peer Support For Adult Parent/Carers
- ♥ Run By Volunteers With Lived Experience
 - ♥ No Diagnosis Needed
 - ♥ Newport And Surrounding Area
 - ♥ Regular Face-To-Face Meetings
- ♥ Friendly, Supportive And Non-Judgemental
- ♥ Focus On ADHD Plus Other Neurodivergent Conditions Such As Autism.



Find us on Facebook: ADHD + Newport
Email us: adhdplusnewport@gmail.com

Are you supporting a child with ADHD
and would like to join a peer support group?



Families Supporting Families

THIRD THURSDAY OF EACH MONTH 10AM-12.

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



Are you supporting a child with ADHD
and would like to join a peer support group?



ADHD+
Newport

Families Supporting Families

FOURTH MONDAY EVENING OF THE MONTH
17:30-19:30

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



DADS GROUP GWENT

Is a support group for any Dad or Male Carer of a child/young person with a disability or developmental difficulty.

It is an opportunity to meet with other Dads in order to gain and provide mutual support based on personal experiences, knowledge and understanding;




2nd Saturday of every month

& Virtually on the 4th Saturday of every month

<https://dadsgroupgwent.wixsite.com/website>
or email

dadsgroupgwent@gmail.com

Supported by  **sparkle**
helpu plant atarraig i ddolgwelw
helping special children shine



Family Liaison Service

- Do you have a child or young person diagnosed or undergoing an assessment for a disability or developmental difficulty?
- Do you live in Caerphilly County Borough?
- Do you want to know about local services and activities which you or your child/young person can access?
- Do you sometimes find it difficult knowing who to turn to for help, information or advice?

Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available.

We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access.

We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources.

We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.



sparkle
helping special children shine

To speak to Lisa, our Family Liaison Officer based in Caerphilly Children's Centre call 02920 867447 or email Lisa.George2@wales.nhs.uk

*Term time only

Little Stars

Stay and play parent / carer sessions for children aged 0-4 years
£6 per family

Would you like the opportunity to meet with other parents and young children in a safe, friendly and supportive environment?

If yes, then Sparkle's Little Stars sessions are for you and your family!

The Little Stars Caerphilly group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty, that reside in Caerphilly borough

STARTING Friday 10th March 2023

10.30-12.00

Caerphilly children's centre


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helping special children shine



FREE SCHOOL MEALS

FOR ALL PRIMARY SCHOOL CHILDREN



Universal Primary Free School Meals (UPFSM)

It is Welsh Government's aim that every child in primary school in Wales will be eligible for a universal primary free school meal (UPFSM) by 2024, regardless of household income. If your child is in full-time Nursery, Reception, Year 1 or Year 2, they are able eligible for free school meals NOW.

If your child is in Year 3, 4, 5 or 6 they will be eligible for free school meals in September 2023.



Eligible Free School Meal (eFSM)

Families who meet certain criteria, for example those on lower incomes or in receipt of certain benefits, may be eligible to apply for eFSM. Families in receipt of eFSM are also eligible to receive the Pupil Development Grant to buy school uniforms and equipment, sports kit and equipment for activities outside school. If you think you might be eligible for eFSM please apply.

For more information about the eligibility criteria and the application process for eFSM please visit:

[www.caerphilly.gov.uk/
Freeschoolmeals](http://www.caerphilly.gov.uk/Freeschoolmeals)



For more information about the eligibility criteria and the application process for eFSM please visit www.caerphilly.gov.uk/free-school-meals or contact the Catering Team: 01443 864055 catering@caerphilly.gov.uk



Nant-y-Parc Uniform Station



We have a new storage unit containing uniform for families who may need it.

Please help yourself to whatever size you require for your child.

Can you donate?

Do you have any uniform that you no longer need?

If so, please can you donate to our school office.

*We cannot accept any personalised items





I provide a service that allows children to grow, develop and learn in a safe, homely and friendly environment. I have extensive experience teaching in schools within the local area (Caerphilly).

- > Open Monday - Friday (7.30am - 6pm)
- > I can negotiate times
- > Full-time and part-time places available (wrap around care provided)
- > Highly skilled and experienced especially with additional learning needs
- > Lots of educational enriched Activities and Outings
- > Registered and Certified
- > Qualified First-Aider



Ruth Coakley - Curious Koala Childcare
 ☎ 07969 188 762 ✉ curiouskoalachildcare@mail.com

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easy ways to make lunchboxes healthier



School dinners are changing for the better. You should have noticed a difference in what's on offer, with healthier foods being served.

If your children prefer packed lunches here are some tips to help make their packed lunch healthier too. You can make up the lunch in the morning before school. Or, if you're usually pushed for time in the morning, prepare it the night before and put it in the fridge.

me sized meals

Even though they are growing children need to eat the right amount for their age. Young children will need quite small portions of foods and older children who are very active may need much larger amounts.

a healthy lunchbox contains a variety of foods

Start with starchy foods - always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Start their packed lunch off with some starchy carbohydrate to give long-lasting energy. Use more wholegrain, brown or seeded bread as these are high in fibre. For a change from ordinary bread you could try pittas, bagels, baguettes, ciabatta, bread rolls or wraps.

Wholegrain or plain pasta or couscous can be mixed with meat, fish and vegetables and eaten cold.

and then Protein

Add a portion of food rich in protein, such as chicken, lean meat, fish, egg, or a meat alternative such as quorn either on its own or as a sandwich filler.

add a couple of portions of fruit and vegetables

Try to add a portion of fruit and a portion of vegetables to help towards their 5-a-day

need something extra?

Add a healthy snack like a low fat and sugar yoghurt, currant bun or rice pudding. Unsalted nuts are good to have at home but it is best to leave them out of your child's lunch box.

thirsty?

Remember always include a drink. Water, milk, pure unsweetened fruit juice/fruit smoothies (maximum of 150ml per day) are good choices. Fruit juices and smoothies are best drunk at mealtimes to avoid tooth decay. It is important your child has plenty of water to drink, this should be freely available in school.

five a day



As well as fresh fruit such as apples and bananas you can add variety by including a handful of grapes, chopped fresh fruit salad, orange segments or melon pieces, or a small box of raisins or tinned fruit in natural fruit juice.

- Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, broccoli, celery and peppers.
- Once a week, why not go for a colourful mixed salad and a bread roll.

keep it cool - avoid food poisoning

Lunchboxes should be kept cool - ideally use an insulated lunchbox with icepacks or a frozen carton of juice to keep it cool. If sandwiches are prepared the previous evening, always store them in a fridge overnight. And don't forget to keep the packed lunch cool at school.

here are a few lunch ideas to try, or you could make up your own combinations

Suggestions for a weeks packed lunch menus:

day one

Multigrain bread or rolls
Cheddar cheese with apple slices
or cranberry sauce or chopped
hard boiled eggs with cucumber or
lettuce

Banana
Flapjack
Pure fruit juice - orange



day two

Cooked pasta or couscous mixed
with cooked chicken or turkey,
tomatoes, and lettuce

Pear
A pot of fruit yoghurt
Sparkling water

day three

Multigrain bread or crackers
Light low fat cheese spread and
dried apricots or cucumber

Tangerine /satsuma
Malt loaf or scotch pancakes
Pure fruit juice - apple

day four

Pitta pockets or wraps with ham
with sliced tomatoes, lettuce and
cucumber
Apple

Bara Brith
Yoghurt drink
Plain water



day five

Ciabatta bread or bagels
Tuna, cucumber, green pepper,
sweetcorn and tomato
Pot of mixed sliced fruit

- melon and pineapple cubes
with grapes
Rice pudding pot
Fruit smoothie

top tips for a healthier lunchbox

Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers

- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc, if they eat new foods.
- You could also raid the fridge for leftovers. Some foods taste just as good cold, such as pizza or pasta. Cook extra pasta or couscous. Mix with cut-up vegetables, and protein such as tuna, then just add your favourite dressing.
- Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.

Many children are taking food to school that contains too much saturated fat, salt and sugar. To help parents give their children varied and balanced lunchboxes, here are some practical tips and suggestions.

tips for cutting down on fat

Cut down on the amount of butter, margarine or mayonnaise you use and use lower fat alternatives.

- Use low-fat sandwich fillings, such as chicken, lean meats, ham, beef, fish (e.g. tuna), boiled egg.

tips for reducing sugar

Rather than drinks that are very high in sugar, such as fizzy drinks or 'juice drinks', go for water, milk or pure unsweetened fruit juice/fruit smoothies (not more than 150ml/day).

- Replace cakes, chocolates and biscuits with scones, currant buns, fruit bread, fruit, pot of rice pudding or yoghurt.



tips for reducing salt

Try not to add salt to food that you prepare and check out food labels for foods lower in salt.

tips for shopping trips

Reading supermarket food labels can help you to buy healthier foods for your child's lunch. Choose more 'greens' and 'ambers' and fewer 'reds' when filling up your shopping basket.

Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom;** and,
- **only water and milk during break times**

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

Healthy Eating in Schools: Primary School Food Requirements

Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least once each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least twice each week

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Break** time snacks should be **fruit & vegetables** only
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



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Healthy Eating in Schools: Nursery School Food Requirements

Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

- **Fruit & vegetables**
- Meat, fish or other non dairy sources of **protein**
- **Starchy** foods
- **Dairy** foods & milk

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Condiments**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- Snacks should consist of **fruit, vegetables, salad, bread** products, **dairy** products & non dairy sources of **protein**
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week & with lunch only
- **Deep fried** or **flash fried** food not more than twice each week & with lunch only
- **Meat products** not more than twice each week & with lunch only

For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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Healthy Eating in Schools: Nursery School Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable blends**

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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